



For Immediate Release

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## **Beverly Hills Dance & Fitness Blast Coming Sunday, April 3**

*The Health and Wellness Event Will Celebrate the Beverly Hills Community*

**Beverly Hills, CA** – The City of Beverly Hills, in partnership with All Seasons Fitness Media and celebrity trainer, Dion Jackson, will be hosting the ‘Beverly Hills Dance & Fitness Blast’ event Sunday, April 3, 2022 from 9 a.m. – 12 p.m. on the Crescent side of Beverly Hills City Hall. The free event will be open to residents and employees of all Beverly Hills businesses to promote health and mental wellness throughout the community.

“We are celebrating Beverly Hills as a healthy City that embraces fitness and values mental wellness, and is filled with incredible people who have worked tirelessly for the past two years to keep our City running,” said Beverly Hills Mayor Bob Wunderlich. “We invite everyone to join us in saying ‘thank you’ to workers from across the City’s restaurants, hotels, retail establishments and City government for their continued service to our community.”

Members of the public are encouraged to participate in a variety of workouts led by fitness influencers and local instructors during the event such as Kick Box Cardio, HIIT, Cardio Jam and Yoga as well as fun dance classes such as Zumba and Latin Sizzle with music from two popular live DJs. The event will feature a Break Dancing Demo from LA’s WeBreak Dance Hip Hop youth. The fun is capped off with the Dance Jam and a chance for attendees to participate in popular line dances led by the All Seasons Fitness Media Trainers.

“It is always a pleasure to work with the City of Beverly Hills and bring fun and fitness to their doorstep. The City has an amazing tradition of fostering a healthy community that enjoys walking, workouts and information on how to elevate their personal wellness,” said Dion Jackson of All Seasons Fitness Media.

The event will be held outdoors and feature various booths from local health and wellness businesses, fitness experts, as well as healthy food snacks. The UCLA mobile health unit will also be onsite and there will be free bicycle parking for those that choose to actively get to the event. Free two-hour parking is available at the 455 N Rexford parking garage, adjacent to the weekly Beverly Hills Farmers’ Market.

The event could only be possible with support from local and national partners including the City of Beverly Hills, Amanda Foundation, American Red Cross, Beverly Hills

Chamber of Commerce, Beverly Hills Historical Society, Beverly Hills Courier, Beyond Meat, Brita, Davids Toothpaste, Evolution PT, First Republic, Nuun Hydration, PE Science, UCLA Mobile Stroke Unit, Pioneer Hardware, Beverly Hills Market & Deli and We Break Dance Hip Hop.

The 400 block of N. Crescent Drive, directly adjacent to City Hall, will be closed to all vehicle traffic from N. Santa Monica Blvd. to S. Santa Monica Blvd. from 8 a.m. – 1 p.m. on Sunday, April 3. All access to local businesses will be available.

To learn more or to participate as a vendor booth, visit [beverlyhills.org/dancefitnessblast](http://beverlyhills.org/dancefitnessblast) or email [asfmevents@gmail.com](mailto:asfmevents@gmail.com).